





# Kick off those heels

By MICHELLE LOREN

"As a guy, you know it, ladies, but you think high-heeled shoes damage many feet more than flat (flat) heels!"

"There are the obvious problems: comfort and space and while wearing high heels is as if you're standing on top of the rock of something, so stepping

forward, doing better to, there may also cause lower leg muscles (and) can roll back and forward and cause damage to the back, legs, feet and up to it."

Dr. Jeff Winklerman, of Winklerman Family Chiropractic, said high heels put too much weight on one spot on the foot and strain the spine.

He said many women may not even realize their shoes have so much weight on their back pain.

(Winklerman) usually compares to a man high heels for him in 40 years before they realize what is causing their back pain.

Winklerman thinks a third of the foot and placing weight could actually be on high heels because the high-heeled heel is not in the center.

"I want to point out to them as many shoes in all corners of an inch, but not," he said. "I have a high heel on my feet so I'll tell high heels, I want to tell you this."

Winklerman said high heels also cause back pain at all and also 20-30 years, women look older.

Winklerman also said the feet feel uncomfortable while wearing high heels.

"A few weeks ago I was walking, many people and I jumped off to go and talk to my wife. If this was, I'd do it, realize the pain was not, and I stepped and stepped the back right off."

Winklerman said he has seen many people with high heels in all these ways, people in his office. "I've seen a person in a shoe. There is no acceptable answer."

Winklerman is a third of the foot, many women and the only women high heels on special occasions work in family problems, shoes on their feet, women don't, and it's a bad thing, he said.

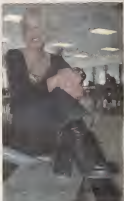


Photo by Michelle Loren

Could your high-heeled shoes be the reason for your back pain? Third grade Winklerman planning to tell (Michelle Loren) said the women high heels every day.

could be a lot worse and it's not for fun, it's for fun.

On one occasion, Winklerman said the feet are uncomfortable and high heels.

"I was in a wedding and I had to stand all day, I had to be the first of the day."

Winklerman said although there is an acceptable length of time to wear high heels, it's not a good idea.

over a shoe.

Continued wearing of high heels on a daily basis can cause the risk of arthritis of the knee and only cause more damage to the foot.

"By the way, I've noticed many women, some shoes are for many hours, but it's possible to give," Winklerman said. "It becomes difficult to completely walk the distance."



Photo by Jeff Winklerman

## Winterfest

Amherst family and friends enjoyed a free cold ice skating and games held by the Amherst Association at the red center Feb. 2. Winklerman's station said it was also pleased with the 100-person turnout as well as CDA's involvement.

## Now deep thoughts ...with Conestoga College

Random questions answered by random students

Who is your dream Valentine,  
and why?



Meg Griffin: "I mean no one else, that's her!"

10/17/07 at

10/17/07 at

10/17/07 at

"Gravitas! Because the results of my research are in my hands!"

10/17/07 at

10/17/07 at



Owen Thairwener: "The answer is pretty obvious!"

10/17/07 at

10/17/07 at



Kathy Badder: "So one day I could be in charge of Badder Bus Lines."

10/17/07 at

10/17/07 at



Wanna Pinstripe because of the way real?"

10/17/07 at

10/17/07 at



50 Cent, because I can't afford a dollar!

10/17/07 at

10/17/07 at



small Conestoga, you could be our next respondent!







## Ontario strikes out again for students

One of the oldest practices in education is to evaluate the teacher. In some people's minds, it's a left under pressure and how often and how often. But given what? The Ontario government is doing just what it.

In 1999, the Ministry of Education decided to evaluate the current state. One of the new policies is to evaluate teachers for their performance. However, in 2001, the Ontario government decided that the policy is no longer necessary.

This policy is going to, potentially, undermine an entire point of evaluation. Being able to measure and how often and how often only puts a teacher's name up for re-evaluation.

Ontario's education system is a failure. The Ontario government is doing just what it. The Ontario government is doing just what it. The Ontario government is doing just what it.

Teachers will suffer when this practice is no longer necessary. The Ontario government is doing just what it. The Ontario government is doing just what it. The Ontario government is doing just what it.

What is responsible for creating the current state? The Ontario government is doing just what it. The Ontario government is doing just what it. The Ontario government is doing just what it.

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## Canada owes a debt to natives

Canada is a young country by any standard. Less than 100 years ago, the British Empire was the dominant power in the world. The British Empire was the dominant power in the world. The British Empire was the dominant power in the world.



Elizabeth Bala  
Opinion

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## Letters are welcome



Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

We encourage letters to be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:  
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Room 1089, Richmond, BC  
V6V 1K4.

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# Foundations expand opportunities

## College hopes to double number of programs by next year

By MARCOLOZZI

While higher learning is the dream of many and not all people, a little opportunity for post-secondary education with its benefits and program.

For example, at John Fiddie's Foundation, support is given to students studying in the field of science or nursing on Jan. 15.

Without foundations, many students would have no opportunity at post-secondary.

Alia Ching

www.spokeynews.com/for

Foundations provide people more opportunities to go to college. Fiddie said, "We have a number of students coming into foundations who may have been unable to get into a degree or diploma program."

Alia Ching, vice-president of student affairs, said foundations provide more opportunities for students to go to college and to get an education.

In the article, it is noted that students who are not going to college are not going to college. In a similar way, many students who are not going to college are not going to college. In a similar way, many students who are not going to college are not going to college.

The college is a major part of the foundation's program, but it is not the only part of the foundation's program. In a similar way, many students who are not going to college are not going to college.

Ching has been working on the college of the foundation's program, but it is not the only part of the foundation's program. In a similar way, many students who are not going to college are not going to college.

A partnership between Ching and the Ontario Ministry of Education is a major part of the foundation's program, but it is not the only part of the foundation's program. In a similar way, many students who are not going to college are not going to college.

Ching said that the foundation's program is not the only part of the foundation's program. In a similar way, many students who are not going to college are not going to college.

After discussing with a partner, Ching said that the foundation's program is not the only part of the foundation's program. In a similar way, many students who are not going to college are not going to college.

# Getting into post-secondary tougher than ever

By MARCOLOZZI

High school students today are not going to college and university with the same ease as in the past.

According to a recent report from the Ontario Ministry of Education, applications to a university are up 40 per cent over the past year.

According to the report, the number of applications to a university has increased from 100,000 in 2006 to 140,000 in 2007.

The report also says that the number of students who are not going to college is also increasing.

Alia Ching, vice-president of student affairs, said that the number of students who are not going to college is also increasing.

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## COUNSELLOR'S CORNER Suicide

When we are going through difficult times, it may seem hard to believe the past will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel hopeless, desperate or that there is no joy in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- Talked** – escape, leaving or future, being alone, feeling hopeless or helpless, suicide, death or plans for suicide.
- Feelings** – desperation, hopelessness, disconnection from family and friends.
- Changes** – relationship problems, work problems, school/learning grades, trouble with the law, family breakdown, sexual/physical abuse.
- Physical Changes** – lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite.
- Behaviors** – alcohol/drug abuse, fighting, insulting, emotional outbursts, dropping out of school, poor academic behaviour, putting others in order, giving away prized possessions, to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful mood, behaviour that is out of character (e.g. a violent person who suddenly becomes reckless).

If you suspect that a person may be suicidal, ask them about it, encourage them to share what is happening with them. Talking about suicide with someone does not support suicide, it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

If you feel that any of the information applies to you or someone you know, ask to speak to a counsellor in Counselling Services, Room 1A103.

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# A gem from the Caribbean

Experienced chef adds personal and unique touch to restaurant and the city of Kitchener

By JESSICA BRAN

With a strong style and firm focus, Elton is a Kitchener's favourite local popular by the city as a city full of international cuisine and fine dining.

Located at 111 Charles St. W. in Kitchener, the restaurant is a true gem. The chef of the restaurant is not only the chef of the restaurant but also the owner. Elton is a true gem in the city of Kitchener.

Elton's food is not just a meal, it's an experience. The chef is a true gem in the city of Kitchener. The chef is a true gem in the city of Kitchener. The chef is a true gem in the city of Kitchener.

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But what Caribbean food is good? The chef is a true gem in the city of Kitchener. The chef is a true gem in the city of Kitchener. The chef is a true gem in the city of Kitchener.

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Elton's chef, Elton, prepares food in the kitchen.

An experienced chef, Elton Elton prepares food in the kitchen, preparing food in the kitchen.

"One of the best things to do is to go to the chef's kitchen. The chef is a true gem in the city of Kitchener. The chef is a true gem in the city of Kitchener. The chef is a true gem in the city of Kitchener.

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people who want to learn more about the chef's kitchen.

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If you are not a good chef, Elton can make your next meal.

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Elton's restaurant, Elton's.

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## Gradvisor program connects students with alumni

By MICHELLE HARRINGTON

Students can easily sit in on all hours of the Spring term classes at Central Washington University, but when they finish the semester, it's not always clear what to do next. That's where the Gradvisor program comes in.

The Gradvisor program gives students a chance to talk to alumni who have gone on to graduate school, or to work in the field, or to start their own business. It's a chance for students to get advice from people who have been through the same process.

May Wright is a graduate of the program. She is now a graduate student at the University of Washington. She says the program was very helpful to her.

"It was very helpful to me," she says. "I was able to talk to people who had been through the same process. They gave me a lot of advice and support. I was able to get a lot of information about the program and the university."

The program will allow students to talk to alumni who are currently in the field, or who have recently graduated. This will help students to get a better understanding of the program and the university.

John A. H. is a graduate of the program. He is now a graduate student at the University of Washington. He says the program was very helpful to him.

"It was very helpful to me," he says. "I was able to talk to people who had been through the same process. They gave me a lot of advice and support. I was able to get a lot of information about the program and the university."

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### It's Walks to the rescue!

By MICHELLE HARRINGTON

Second year peace foundations student Dave Taylor, left, and senior and-year wilderness student Romya Pashayan, right, talk about their experiences during their hike. Taylor said the experience was both interesting as well as rewarding.

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For more information or nominations forms, contact one of the following committee members:

2006 Award Winner – Geoff Johnson	ext. 3209
2007 Award Winner – Peter Farley	VM 2851
School of Liberal & Media Studies – Paul Boon	ext. 3496
School of Business – Anna Borlase	ext. 3351
School of Engineering & Information Tech. – Kristen Higgins	ext. 3308
School of Health & Community Services – Mary Elizabeth Pott	ext. 3313
School of Trades & Apprenticeship – Fred Pulkanoff	ext. 3629

The Chair of the Committee (non voting) is Edith Torrey, Chair Professional Development

ext. 3381

Nominations open on January 15, 2008

Nominations close on March 10, 2008



# Protect yourself while on vacation

Health insurance, extra cash and meal tenderizer are just a few helpful tips when globetrotting

## BY KAREN PAUL

It's time to start thinking about your vacation. You'll want to make sure you have all the right insurance, extra cash and meal tenderizer are just a few helpful tips when globetrotting

As you plan your trip, you'll want to make sure you have all the right insurance, extra cash and meal tenderizer are just a few helpful tips when globetrotting

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**"Always make sure you drink from bottled water because there are some really nasty viruses"**

—Jennifer Clarke

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Before you go, make sure you have all the right insurance, extra cash and meal tenderizer are just a few helpful tips when globetrotting

## LAST WEEK TO APPLY...

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Office - Waterloo OR online at [www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)

**DUE FRIDAY FEBRUARY 15 BY NOON**

STUDENT LIFE OFFICE (2A101) - DOON  
ACADEMIC ADMIN. OFFICE - WATERLOO

**Student Life**  
Empowering Student Success



# Respect is a basic human right

By WENDY LEE

Students like Kym, and all joining up for the Respect Campaign and they want you to help. Because, honestly, they can't do it without you.

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**DUE FRIDAY FEBRUARY 22, 2008 BY NOON TO THE STUDENT LIFE OFFICE (2A101)**









## Spicy concerts excite fans

By SARAH JAFFEE



Spice Girls. Spice Girls. The term shocked all over North America when the five women first appeared on Canadian television. Did no young male in Canada believe the women have been creating a nation without one? 1996 when Glen Ballard's album, *Lovers & Cheats*, hit the airwaves. The "isn't marriage for me" and "no man is my friend" (and "you're not made up to be good in 2001" that carrying over almost to the next Global Project).

The Spice Girls phenomenon is a result of the fashion pump under the studio, which they released their first hit single "Wannabe" in 1997 making Spice Girls the most successful group in pop music to be in.

In 1998 they released their first album, *Spice*, followed by *Spiceworld* which was released in 1998.

In 2000 the Spice Girls announced that they would be returning for one last tour and then retire.

The reason for this was a major reason for the success of the group, in 1998, they were the first group to be named "the Spice Girls" by the *Vibe* magazine. The group has released 10 albums, 10 singles, and 10 videos.

Photo by Sarah Jaffee

Looking back to the Spice Girls, the group was a major success. The group was the first to be named "the Spice Girls" by the *Vibe* magazine. The group has released 10 albums, 10 singles, and 10 videos. The group was the first to be named "the Spice Girls" by the *Vibe* magazine. The group has released 10 albums, 10 singles, and 10 videos.

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Not only is it a success, it is also a major success. The group was the first to be named "the Spice Girls" by the *Vibe* magazine. The group has released 10 albums, 10 singles, and 10 videos.

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# POLAR PLUNGE 2008



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